

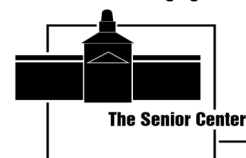
COMING OF Age...

Your Center for Connection

Published Monthly Issue #3 Volume V

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617.796-1660 ■ www.newtonseniors.org

march 2012

The CARD ROOM *at the Senior Center...*

The Dining Room at the Newton Senior Center has served as a bright and busy “game” space since the center opened over 18 years ago. After lunch is cleared (by 1:00pm) on Mondays and Thursdays it is an “open space” for groups to play their game of choice. Between 1:00 and 3:45 -Bridge, Mah-Jong, Scrabble, and Canasta groups fill the space. Other days are reserved for Duplicate Bridge (Wednesdays) and Bingo (Tuesdays & Fridays).

Do you have a group looking for a “play” space ? Bring them along.

Are you looking for a game? Drop-in and you may be lucky and find a seat waiting or **give your name and number** to Joanne and a volunteer will contact you to form a table.

What should I bring? There are Mah-Jong sets, decks of cards, and Scrabble boards waiting for you. If you prefer your own, please bring them.

First time at the center? Please register at the reception desk at the main entrance at the rear of building. There is no cost or obligation attached.

Want a tour and orientation about the center, the Department of Senior Services and what it offers? Contact Joanne to set an appointment. 617-796-1670.

Parking? Our lot is small but municipal parking is just behind the stores. Bring quarters. See page 12 to learn about Senior Parking Stickers.

Not a Newton resident? Welcome!

TAX Season!

The Newton Senior Center offers help preparing your taxes through the AARP Tax Aide Program. Call 617-796-1660 for an appointment. The Bentley University program offers appointments and can be reached at 781-891-2773. The Newton Free Library offers walk-in help to low and moderate incomes Saturday 1-3:30pm.

March 11, 2012
SPRING FORWARD!



Life's Transitions: Future Focus



Where Do I Go from Here?

Presented by the Newton Free Library in
co-sponsorship with the
Newton Department of Senior Services

- April 19 - Part 1: *Where should I live?*
Information about housing options or remaining in place.
- May 10 -Part 2: *How should I live?*
Information about local resources, support services and public benefits.
- June 14- Part 3:
How can I enhance and enrich my life?
Information about enriching, recreational, nutritional and social opportunities and transportation.
***Seniors, family members and friends are invited to attend these informational talks.**

Shopping Trip to Walmart

Please pre-register soon as space is limited for a shopping trip to Walmart in Framingham. The van leaves at 10am and returns to the center at 2:30 on Monday, March 19. We thank Golden Living at Chetwynde for sponsoring this trip. Please arrange for transportation to and from the center.

Table of Contents

Page 2... *Staff*
Page 2.... *Worthy of Note*
Page 3... *Getting Around*
Page 4... *March... into Spring!*
Page 5... *Live Well*
Page 5... *Many Thanks*
Page 6... *Aging in Place; Good Enough Aging*
Page 7... *SHINE*
Page 7... *Healthy Tid-Bits*
Page 8 & 9... *Calendar*
Page 10... *For Your Information*
Page 11... *From the Desk of Our Social Worker*

THE NEWTON SENIOR CENTER
Phone 617-796-1660.....FAX 617-969-9560
Web Site Address – www.newtonseniors.org
Center Hours: 8:30-4:00 Monday-Friday



Staff

Jayne Colino	Director...617-796-1671
Alice Bailey.....	Administrative Coordinator...617-796-1664
Joanne Fisher	Program Coordinator...617-796-1670
Kathy Laufer.....	Clinical Social Worker...617-796- 1663
Meghan Kennedy	Outreach Worker... 617-796-1672
Sharon Arkoff.....	Social Work Intern.... 617-796-1674
Linda Johnson	Administrative Assistant... 617-796-1665
Lucy Bedigian	Lunch Site Manager 617-796-1668
Joyce Cheng.....	Nurse... 617-796-1420
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM
Lynn Feinman.....	Aging in Place Projects Manager...617-796-1675

NOTE: All Newton households with a resident over the age of 60 receive complimentary copies of the Coming of Age newsletter, quarterly. *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city.*

The newsletter may also be accessed on the WEB... Go to www.newtonseniors.org

To receive notice of the newsletter by e-mail... please register your e-mail address on the website above.

The newsletter is published monthly.

To subscribe to the “Coming of Age” newsletter and receive a paper copy monthly, please send your \$10 to:
the Newton Senior Center 345 Walnut St., Newtonville, MA 02460.

Worthy of Note

ALDERMEN VISITS

- Ald. Stephen Linsky- Friday, March 9, 8:30am.
- Ald. Vicki Danberg–
Wednesday, March 21, 9:00am.

The Food Pantry Needs You!

Please bring unopened, non- perishable, unexpired food items to the Newton Senior Center during hours of operation, Monday through Friday, 8:30-4pm. Delivery is made to the Newton Food Pantry weekly.

KEEP WARM WITH A NEWTON THROW

Newton Throws are available
at the Newton Senior Center, in 4 colors. ...
*All proceeds benefit programs and services for
Newton Seniors through the
Newton Department of Senior Services.*

March 6... Primary Election

*Ward #2... Precinct #3 votes
at the Newton Senior Center*

Aerobics, Muscle Conditioning, Swing Band and Bingo
are **canceled** this day only!



PLEASE bring BAKED GOODS

to be sold this day to benefit the
programs and services of the
Department of Senior Services.

Please list ingredients on package. *Thank you.*
Thank you.

The Senior Store ... on the first floor of the Newton Senior Center needs your donations! We accept costume jewelry, knick-knacks, hand-crafted items, gift-ware, yarn, etc. ***We do not*** accept clothing , appliances, or large pieces of furniture. Just deliver your treasures to the center and we will help find them a proper home! All proceeds from sales at the Senior Store benefit the programs and services of the Department of Senior Services.

Getting Around

Newton Department of Senior Services

“Senior Transportation Services”

*For *Newton Residents 60 years and older*

(These services may be changed or modified at any time.)

- **Medical Transportation** - in Newton to medical appointments and “*specific destinations*” beyond. (Monday-Friday 8-5)
65 Walnut St., Wellesley
1 Washington St., Wellesley
173 Worcester Rd., Wellesley
195 Worcester Rd., Wellesley
230 Worcester Rd., Wellesley
830 Boylston St., Chestnut Hill
850 Boylston St., Chestnut Hill
1244 Boylston St., Chestnut Hill
1153 Centre St., Boston (Faulkner Hospital)
280 Washington St., Brighton (St. Elizabeth’s Hospital)
- **The Shopper’s Service**- weekly marketing- Tuesday, Wednesday or Thursday between 10-2. Your choice of Newton market
- **Transportation to Long-term Care Facilities**- in Newton, 8-5., Monday-Friday. 2 visits per week.
- **Transportation to Houses of Worship**- in Newton for religious services .
- **Transportation**- to certain “Adult Day Health” locations outside of the city.
***Reserve for services listed above 3 business days ahead.**
- **Transportation to the Newton Senior Center**- Service 5 days a week. 8am-4pm.
***Reserve by 4:00 the previous day for this service only.**

Vouchers are good for all of the above services

Vouchers are available at the Senior Center, or by mail. The suggested contribution for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way, 2 vouchers for a round trip). *A minimum contribution of \$1 required, per voucher.* For those unable to budget this amount (\$20 for 20 vouchers) or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required BEFORE vouchers will be sent through the mail.

**Make all reservations by calling
617-796-1288**

If you have questions about the service, please call Alice Bailey at 617-796-1664 abailey@newtonma.gov

"OTHER Transportation Services"

- **ITN– Independent Transportation Network of Greater Boston**- \$60 annual membership. Rides cost \$4 plus \$1.50 per mile. 24 hour a day service. For more information 1-508-309-7375.
- **Busy Bee Medical Transportation** – medical transportation to some destinations outside Newton. Suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*
- **“The RIDE”**- Call 617-222-5123 to register. ***A healthcare provider’s signature required for eligibility.*** Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, call by 4:00p.m. the previous day for reservations, pre-registered riders only.*

MBTA Senior Transportation Passes

Those senior citizens and disabled individuals who *already* have Senior Transportation Passes (white laminated cards with their picture on them) should watch the expiration date. Order new cards by calling **617-222-5976**, one month prior to expiration. No charge. Those who ***do not*** have a Senior Transportation Pass and would like one, must go to a site where pictures are taken, identity checked and forms are filled out.

Senior Citizen Parking Stickers

For a Senior Parking Sticker, *Newton residents, 65 years+, must* show license & registration, with Newton address. (Copy of the lease agreement for personal leased cars.) Stickers are good for 2-year cycle at \$6. from July 1, 2011 - June 30, 2013. Stickers are good at 1,2 and 3 hour meters in all city lots, *but never on the street!* Stickers are available at the Newton Senior Center between the hours of 8:30 and 3:30pm.

Have you swiped your card today?

Each time you visit the Newton Senior Center we ask that you swipe your card or touch “missing ID badge” on our touch screen. Please let us know you were here and why... be counted!

March... into Spring!

★ **See calendar-** Pages 8- 9... for schedule of games, language classes and much more!

Low Vision Group- The Low Vision Group sponsored by Massachusetts Association for the Blind (MAB) meets the first Monday of each month (1-3p.m.) March 5.

Parkinson's Support Group—The monthly meetings of the Parkinson's Support Group are held on the last Monday of each month at 10:30am. (March 26.)

BOOK REVIEW- Maura Copeland of the Newton Free Library presents a Book Review at the Newton Senior Center on the 2nd Monday of each month 2:30-3:30. (March 12) All welcome!

Book Club... will meet the third Friday of each month at 10:30am (March 16) The book for March is *"The Widower's Tale"* by Julia Glass. All welcome!

Short Story Group - Copies of the short story to be discussed can be picked up at our reception desk prior to group meeting. Meetings are held on the last Thursday of each month at 10:30. (March 29)

Painting with Tim— Artist Tim Power presents a monthly "Painting Workshop" (10-11:00), during the *Open Art Studio Workshop* held every Wednesday from 9:30-11:30. This month, March 14. Artists are welcome to bring their work and enjoy the well-lit space.

Wii... *Do it sitting, do it standing... JUST do it!* **Dance on Broadway** with the chorus to show tunes. Easy steps, great upper body exercise. **Wii Bowling, Tennis, Golf, Baseball and MORE! Mondays from 9-11...**

BROWN BAG - MEDICATION REVIEW

New England College of Pharmacy will review your medications. Bring them with you on Wednesday, March 7, at 10am.

Are You a News Junkie?

Monday (1-2pm) NewsTalk
Thursday, (10-11am) Currents Events
Just drop-in !

CELL PHONE CLINIC...

Fridays, 9:00-1:00
Drop-in for help!



Pre-Register/ Pre Pay Classes

- *Late registration—additional \$5.
- *Classes will be canceled if not filled.
- *Payments by cash or check at time of registration..
- *No refunds after registration date.

****Please PRE-REGISTER/PRE-PAY**
Alice Bailey on the mezzanine or mail to:
Alice Bailey -Newton Senior Center
345 Walnut St, Newton, MA 02460

8 WEEK Classes- \$50 each

- **Beyond Balance**— Monday, 12:45-1:45
March 26- May 21 (skip April 16)
- **Beyond Balance**- Wednesday, 10:45-11:45am
March 14- May 2
- **Line Dancing**- Monday, 10-11:00am
March 26- May 21 (skip April 16)
- **Ceramics**— Thursday, 12:30-2:00pm
March 8- April 26

***February 26, registration due.**

CANASTA Lessons

(\$30 for 5 weeks.) Wednesdays at 10-11am,
March 14— April 11

***March 5, registration due.**

COMPUTER and I-PAD Lessons

\$50 for 6 lessons or \$10 per lesson.

For registration form contact Joanne 617-796-1670 or jfisher@newtonma.gov. You must have access to a computer or I-Pad to be eligible for our lessons
All lessons on site at the center. **Rolling registration.**

Stay (Get) Physically Fit Drop-in Classes

- **Aerobics**— Tuesdays/Fridays... 9-10am
- **Muscle Conditioning**-
Tuesdays/ Fridays... 10:30-11:30am
- **Yoga Chairs**- Mondays... 2 –3pm
Thursdays... 1-2pm
- **Yoga Mats**- Thursdays... 2pm
- **Tai- Chi**- Mondays... 8:45-9:45am
Thursdays... 11:45-12:45pm
(Sponsored in part by Newton/Wellesley Hospital)
- **Tong Ren**- Thursdays... 11-11:45am

MATTER OF BALANCE

Not to be confused with Beyond Balance, this is a program of support and information for those concerned about "falling".

Newton Wellesley Hospital sponsors this "no-charge" program. running 6 weeks (**Wed. April 18-May 23**). Meetings are 1 hour., 2:30-3:30pm.

***Pre-register by Friday, April 6.**

* *Living Well*

Disability Indicator Form

If you or someone in your household is disabled be sure to register them with the Newton Police Department by filling out a **Disability Indicator Form**. The police will then know who may need assistance in an emergency. Forms available at the Newton Senior Center.

File of Life

A File of Life is available to Newton Senior Citizens, upon request. It has a magnetic pocket for your refrigerator that holds your identification and medical information. Affix a sticker in the packet to your front door to alert emergency workers that valuable information can be found on your refrigerator. It is suggested that you put your photo on the pocket as well. Also in the kit is a smaller information card and pocket to be carried on your person. Please remember to update your information yearly. New information sheets are available at the senior center upon request.

Contractor Referral List

For a list of pre-screened contractors, please call Lynn Feinman, Aging in Place Projects Manager, at the Newton Senior Center. Find plumbers, electricians and handymen. *Reach Lynn at 617-796-1675*

Senior Home Safety Check

The Newton Fire Department, Newton Police Department, Newton Rotary Club, and Newton Department of Senior Services offer a Home Safety Check program.

*To arrange for a visit, call
Lynn Feinman at the
Newton Department of Senior Services*

THE NEWTON SENIOR TAX WORK-OFF PROGRAM

The Newton Senior Tax Work-Off Program provides **qualified** seniors (60+) a rebate of up to \$1000 against their real estate taxes, in exchange for 125 hours work in municipal departments. Contact:

Lynn Feinman at 617-796-1675 or
lfeinman@newtonma.gov

Dialogue with Director

Jayne Colino, Department Head for the City of Newton Department of Senior Services and Director of the Newton Senior Center, will speak about the center and the department. Meet with her in the Function Room from 12:30-1pm, Wednesday, March 7.

Volunteers Needed to Teach Computer and I-Pad Skills

The Newton Senior Center has been teaching computer skills to senior citizens for 20 years. This successful program depends on volunteers who teach individuals tutorial style. Students are beginners to those wishing to expand their computer use. We have added I-Pad skills this year in response to many requests. Lessons are held at the center during regular hours of operation, 8:30-4 Monday through Friday. Please contact Joanne at 617-796-1670 is interested.

Senior Center Music



- Lunch-time Piano with Vic King
Wednesdays & alternate Fridays
- Newton Senior Center Swing Band *Tuesdays 1:30*
- The Newton Senior Center Chamber Music Ensemble
Wednesdays, 9-10:30am

Senior Water-Sewer Discount

Multiple dwelling homeowners over age 65, *may* now be eligible (though previously not eligible) for a discount. *Call water/sewer billing at 617-796-1040.*

Many Thanks for Your Generous Donations

- *Cabot's Ice Cream for a "sweet, ice-creamy " Valentine's Day!*
- *Alice Aronow, in appreciation of the Newton Senior Center.*
 - *Alan Sewell, for a subscription to the Christian Science Monitor.*
 - *Anita Greenbaum., in appreciation of the Newton Senior Center.*
- *Andrew Magni for daily deliveries of sweet pastry!*
- *Golden Living Center, Chetwynde, for sponsoring our Walmart Trip*

The Newton Dept. of Health & Human Services Health Maintenance Clinic

at the Newton Senior Center ...

*Wednesdays & Fridays 9-12:00
clinic may be canceled without prior notice.*

For information: 617-796-1420.

Aging in Place: **“Good Enough Aging”**

By Marian L. Knapp

Lately I have been reading up on “successful aging” to understand better what people mean when they use the term. I thought it would be helpful to figure out what significance it may have for me and to see whether I am living up to whatever the goals and standards of successful aging should be. I must admit that the term strikes me as a little odd. Success for me is achieving a goal that is personally meaningful, has a tangible outcome, and for which I worked hard. How does this notion of success apply to getting older?

John W. Rowe and Robert L. Kahn in their oft-cited book *Successful Aging* say that successful aging means “...aging well...” and that the “...three main components of successful aging [are] avoiding disease and disability, maintaining mental and physical function, and continuing engagement in life”(p.68). They go on to explore the differences between younger and older people on these dimensions noting that older people are often at higher risk in all of them. So, successful aging seems to mean a lot of what I know already - the things that will help me move into the future in the best way possible.

I recognize that keeping my brain active, exercising my body, eating sensibly, being involved in my community, and staying connected to family and friends will help me be “successful”. But, fundamentally, I must be the one to define what successful aging is for me and how high or low to set my targets. At this point in my life (actually any point), I will not strive for great athletic prowess – I can set this threshold fairly low. Try to walk 3-4 times a week, maybe. I eat pretty sensibly but my poundage has crept up over the years. Will I ever get back to my high school graduation weight? Probably not. “Should I try to lose a few pounds so that I don’t feel guilty every time I get on the scale?” Yes – we’ll see.

Being connected to my community is pretty important because I know the value of learning about and being involved in the place where I live. It’s great to walk down the street being able to say “hi!” to an increasing number of people. My world is getting bigger, not shrinking. I set this target modestly high. Keeping my brain active – this is way up there on the list. Not being able to learn, think, write, and be creative would present a real problem for me emotionally and psychologically. I have set this as an important priority and I work at it almost every day.

The biggest one is staying connected to family and friends – both old-time and new-time. These important relationships feed and restore my memories, encourage me to learn from the past, while they give me constant encouragement to keep moving ahead.

As I look at the things that are important to me the notion of aging “well” seems more appropriate than aging “successfully”. Success feels rigid while “well” feels less intimidating but it still implies a standard that I may or may not be able to achieve.

This brings me to the idea of “good enough aging”. I didn’t invent this term. It comes from my sister-in-law who has thought a lot about the importance of identifying and accepting what is “good enough”. Here are some simple examples. When she did work on her kitchen the new counters weren’t perfect (even if she could define what perfect was) but they served their purpose, and were good enough. She is a great cook but when she makes a meal for a large gathering she realizes that what she serves may not satisfy completely the diverse needs of her guests but she tries hard to make a meal that most people will like, and it’s good enough.

These little stories don’t reflect the complex nature of getting older but they help me put my life in a new context. Within this “good enough aging” construct I feel at peace with what I have accomplished –caring for elders, raising kids, spending time with grandkids, keeping my body in reasonable shape, learning and growing my mind, and looking forward to writing my next article. I expect I won’t be “successful” according to some extreme goals (like living to be 100) but I do anticipate that my “good enough” attitude will keep me moving along from one day to the next without getting bogged down in the unattainable.

This is a very freeing concept. I don’t have to push myself to do things I don’t want to do. I can emphasize and pay attention to what is most important according to my own values. I don’t have to compare myself to some unrealistic (or unimportant) criteria but set my standards consistent with what is doable and has meaning for me – that’s good enough.

Marian L. Knapp, is a 40-year Newton resident and caregiver of many elders, received her Ph.D. at age 70 after completing her dissertation on “Aging in Place in Suburbia”. She is the Chair of the Newton Council on Aging, a committee appointed by the mayor and Board of Aldermen. Visit her blog at <http://voicesofaging.com>.



Future Focus Discussion Group

Talk with TAB columnist Marian L Knapp & Julie Norstrand about future decisions concerning housing, staying connected & independent, & identifying what’s important to you. Last Thursday of each month, 1:00pm (February 23). At the Newton Senior Center. *All welcome.*

NOTE: Related informational programming on page 1 .

"Health Information Needs of Elders"
SHINE

...is administered by the
*Mass. Executive Office of Elder Affairs with
 Councils on Aging,
 Aging Services Access Points and
 other local agencies.*

Can I Enroll in a Medigap Plan Now?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the "gaps" in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$93.46/month and for a Supplement 1 is \$181.71/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Newton Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

***Please bring all pertinent information
 to your appointment:***

Medicare card, current insurance coverage information,
 list of medications, frequency of dosage, dosage size, etc.



**It is recommended that those approaching their 65th
 birthday make an appointment in advance
 of this important event.**

Healthy Tid-Bits

From the City of Newton
Department of Health & Human Services

FREE SHINGLES VACCINE PROGRAM

A series of free shingles vaccine clinics will be held in March and April for Newton residents ages 60 and up. The Health & Human Services Department is taking **appointments beginning March 1**. Check with your primary care provider about whether the shingles vaccine is right for you, and then **call 617-796-1420 to make your appointment**.

Shingles, also known as herpes zoster, is a painful blistering skin rash caused by the virus responsible for chickenpox. The rash usually appears on one side of the face or body and lasts from two to four weeks. Its main symptom is pain, which can be severe. Other symptoms can include fever, headache, chills and upset stomach. A painful condition lasting well beyond the rash is known as post-herpetic neuralgia and occurs in about 1 in 5 people with shingles.

Shingles is more common in older people. At least 1 million people a year in the United States get shingles. Shingles is not transmitted person-to-person and can only occur in people who have had chickenpox. The chickenpox virus stays in the body and can cause shingles later in life.

When the vaccine was tested, it reduced the risk of shingles by 50 percent. It can also reduce pain in people who still get shingles. Those with weakened immune systems should not get the vaccine. People on certain medications should not get the vaccine. **It is important to check with your primary care provider to make sure the vaccine is appropriate for you.**

For more information or to make an appointment to receive the free vaccine, call the Health Department 617-796-1420.

New Sharps Collection Program

Needles and lancets will be accepted in sturdy plastic containers that are puncture proof. Red medical waste containers or laundry detergent bottles are best. No improper containers will be accepted. Visit www.newtonma.gov and go to the Health page for more specific information. Or call (617) 796-1420.

Two Sharps Collection Locations
 Mon.- Fri., 8:30 am to 5 pm, Tues. until 8 pm
City Hall, Customer Service, Room 105
Health Department, 1294 Centre St.

Monday

Tuesday

Wednesday

Thursday

Friday

March 2012

Computer lessons ,
SHINE Appointments
and
Tax Appointments
are individually
scheduled and
do not appear on
the calendar.

<p>8:45-9:45 Tai Chi</p> <p>9..... Pool Cues</p> <p>9-11..... Wii Drop-in</p> <p>9:30..... Beginner Spanish</p> <p>10..... Knitting Circle</p> <p>10..... Line Dance (pre-reg)</p> <p>10:30 Drop-in French Travel Phrases</p> <p>11:45..... Lunch - Meatballs/Spaghetti... Breaded Chicken Breast</p> <p>12:45..... Beyond Balance (pre-reg)</p> <p>1..... Monday Games</p> <p>1..... Low Vision Group</p> <p>1..... NewsTalk</p> <p>2..... Yoga (chairs)</p>	<p>9-10 Aerobics (canceled) 6</p> <p>9-10 Intermediate Spanish</p> <p>9:30-10:30 - Bridge Lesson</p> <p>10:30-11:30 Intermediate Spanish II</p> <p>10:30..... Muscle Conditioning (canceled)</p> <p>11:45 Lunch</p> <p>Beef Stew... Turkey /Cheese</p> <p>1..... Bingo (canceled)</p> <p>1-2:30Aging Isn't For Sissies (discussion)</p> <p>1:30.....Swing Band (canceled)</p> <p>PRIMARY VOTING DAY We are a voting site.</p>	<p>9-10:30.....Chamber Music Ensemble</p> <p>9-12..... Health Clinic</p> <p>9-12:30 Pool Cues</p> <p>9:30 Fine Art Studio Workshop</p> <p>10-11..... Brown Bag Med Check</p> <p>11:45..... Lunch - Chicken Divan... Tuna Salad</p> <p><i>Vic King- piano</i></p> <p>12:30-1 Dialogue w/ Director Jack Nicholson Film Month</p> <p>1..... Movie- "Anger Management"</p> <p>1..... Duplicate Bridge</p>	<p>10..... Current Events</p> <p>10:30... Mandarin Conversation Group</p> <p>11-11:45 Tong Ren</p> <p>11:45-12:45 Tai-Chi</p> <p>11:45..... Lunch - Turkey Dinner... Roast Beef/ Cheese</p> <p>12:30..... Ceramics (pre-reg)</p> <p>1..... Yoga (chairs)</p> <p>1..... Thursday Games</p> <p>1:30..... French Salon</p> <p>2..... Yoga (mats)</p>	<p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Salmon Boat w/ Dill... Fruit Plate</p> <p><i>Vic King -Piano</i></p> <p>12-2..... Legal Appointments</p> <p>12..... Chess Nuts</p> <p>1..... Poker</p> <p>1..... Bingo</p> <p>Meryl Streep Film Month " Kramer vs. Kramer"</p>	<p>8:30..... Alderman Linsky sees citizens 9</p> <p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch- Meatless Chili Mac... Egg Salad</p> <p>12 Chess Nuts</p> <p>1..... Poker</p> <p>1..... Bing</p> <p>1..... "It's Complicated"</p>	<p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30.....Book Club</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch- Breaded Fish... Chef Salad</p> <p><i>Vic King- Piano</i></p>
<p>8:45-9:45 Tai Chi</p> <p>9..... Pool Cues</p> <p>9-11..... Wii Drop-in</p> <p>9:30..... Beginner Spanish</p> <p>10..... Knitting Circle</p> <p>10..... Line Dance (pre-reg)</p> <p>10:30 Drop-in French Travel Phrases</p> <p>11:45..... Lunch - Turkey Marsala... Roast Beef/ Provolone</p> <p>12:45..... Beyond Balance (pre-reg)</p>	<p>9-10 Aerobics 13</p> <p>9-10 Intermediate Spanish</p> <p>9:30-10:30 - Bridge Lesson</p> <p>10:30-11:30 Intermediate Spanish II</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Chicken Lo Mein... Tuna Salad</p> <p>1..... Bingo</p> <p>1-2:30Aging Isn't For Sissies (discussion)</p> <p>1:30.....Swing Band</p>	<p>9-10:30.....Chamber Music Ensemble</p> <p>9-12..... Health Clinic</p> <p>9-12:30 Pool Cues</p> <p>9:30 -11:30 Fine Art Studio (Painting w/ Tim)</p> <p>10..... Canasta Lessons (pre-reg)</p> <p>10:45-11:45 Beyond Balance (pre-reg)</p> <p>11:45..... Lunch - Cheese Lasagna Roll Up... Tuna Salad</p>	<p>10..... Current Events</p> <p>10:30... Mandarin Conversation Group</p> <p>11-11:45 Tong Ren</p> <p>11:45-12:45 Tai-Chi</p> <p>11:45..... Lunch - Honey Mustard Pork... Roast Beef/Cheese</p> <p>12:30..... Ceramics (pre-reg)</p> <p>1..... Yoga (chairs)</p> <p>1..... Thursday Games</p> <p>1:30..... French Salon</p> <p>2..... Yoga (mats)</p>	<p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30.....Book Club</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch- Breaded Fish... Chef Salad</p> <p><i>Vic King- Piano</i></p>	<p>8:30..... Alderman Linsky sees citizens 9</p> <p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch- Breaded Fish... Chef Salad</p> <p><i>Vic King- Piano</i></p>	<p>9-12..... Health Clinic</p> <p>9-1.....Cell Phone Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10..... Beginner German</p> <p>10:30.....Book Club</p> <p>10:30..... Muscle Conditioning</p> <p>11:45 Lunch- Breaded Fish... Chef Salad</p> <p><i>Vic King- Piano</i></p>

<p>1.....Turkery/ SWISS</p> <p>1.....<i>Vi King– piano</i></p> <p>2.....Movie- “About Schmidt”</p> <p>2.30-3.30.....Duplicate Bridge</p>	<p>9-10.....Aerobics</p> <p>9-10.....Intermediate Spanish</p> <p>9-10.....Bridge Lesson</p> <p>9-10.....Intermediate Spanish II</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch</p> <p>9-10.....Broccoli/Cheese/Fish... Turkey/ Cheese</p> <p>9-10.....Bingo</p> <p>9-10.....Aging Isn't For Sissies (discussion)</p> <p>9-10.....Swing Band</p> <p>9-10.....SPRING BEGINS</p>	<p>9-10.....Tai Chi</p> <p>9-10.....Pool Cues</p> <p>9-10.....Wii Drop-in</p> <p>9-10.....Beginner Spanish</p> <p>9-10.....Knitting Circle</p> <p>9-10.....Line Dance (pre-reg)</p> <p>9-10.....Drop-in French Travel Phrases</p> <p>9-10.....Lunch - Hot Dog... Tuna Salad</p> <p>9-10.....Monday Games</p> <p>9-10.....News Talk</p> <p>9-10.....Yoga (chairs)</p> <p>9-10.....Trip to Walmart... sponsored by Golden Living at Chetwynde</p>	<p>9-10.....Current Events, Majajts, Mandarin Conversation Group</p> <p>9-10.....Short Stories</p> <p>9-10.....Tong Ren</p> <p>9-10.....Tai-Chi</p> <p>9-10.....Lunch - Stuffed Shells... Roast Beef/Cheese</p> <p>9-10.....Ceramics (pre-reg)</p> <p>9-10.....Yoga (chairs)</p> <p>9-10.....Future Focus Discussion</p> <p>9-10.....Thursday Games</p> <p>9-10.....French Salon</p> <p>9-10.....Yoga (mats)</p>	<p>9-10.....Health Clinic</p> <p>9-10.....Aerobics</p> <p>9-10.....Call Phone Clinic</p> <p>9-10.....Networking Group– 6 Degrees</p> <p>9-10.....Pool Cues</p> <p>9-10.....Beginner German</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch– Lentil Stew... Tuna Salad</p> <p>9-10.....Chess Nuts</p> <p>9-10.....Poker</p> <p>9-10.....Bingo</p> <p>9-10.....“River Wild”</p>	<p>9-10.....Health Clinic</p> <p>9-10.....Aerobics</p> <p>9-10.....Call Phone Clinic</p> <p>9-10.....Networking Group– 6 Degrees</p> <p>9-10.....Pool Cues</p> <p>9-10.....Beginner German</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch– Lentil Stew... Tuna Salad</p> <p>9-10.....Chess Nuts</p> <p>9-10.....Poker</p> <p>9-10.....Bingo</p> <p>9-10.....“River Wild”</p>
<p>9-10.....Turkery/ SWISS</p> <p>9-10.....<i>Vi King– piano</i></p> <p>9-10.....Movie- “About Schmidt”</p> <p>9-10.....Duplicate Bridge</p>	<p>9-10.....Aerobics</p> <p>9-10.....Intermediate Spanish</p> <p>9-10.....Bridge Lesson</p> <p>9-10.....Intermediate Spanish II</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch</p> <p>9-10.....Broccoli/Cheese/Fish... Turkey/ Cheese</p> <p>9-10.....Bingo</p> <p>9-10.....Aging Isn't For Sissies (discussion)</p> <p>9-10.....Swing Band</p> <p>9-10.....SPRING BEGINS</p>	<p>9-10.....Tai Chi</p> <p>9-10.....Pool Cues</p> <p>9-10.....Wii Drop-in</p> <p>9-10.....Beginner Spanish</p> <p>9-10.....Knitting Circle</p> <p>9-10.....Line Dance (pre-reg)</p> <p>9-10.....Drop-in French Travel Phrases</p> <p>9-10.....Parkinson's Support Group</p> <p>9-10.....Lunch - White Bean/Chicken Chili... Seafood Salad</p> <p>9-10.....Beyond Balance (pre-reg)</p> <p>9-10.....Monday Games</p> <p>9-10.....News Talk</p> <p>9-10.....Yoga Chairs</p>	<p>9-10.....Current Events, Majajts, Mandarin Conversation Group</p> <p>9-10.....Short Stories</p> <p>9-10.....Tong Ren</p> <p>9-10.....Tai-Chi</p> <p>9-10.....Lunch - Stuffed Shells... Roast Beef/Cheese</p> <p>9-10.....Ceramics (pre-reg)</p> <p>9-10.....Yoga (chairs)</p> <p>9-10.....Future Focus Discussion</p> <p>9-10.....Thursday Games</p> <p>9-10.....French Salon</p> <p>9-10.....Yoga (mats)</p>	<p>9-10.....Health Clinic</p> <p>9-10.....Aerobics</p> <p>9-10.....Call Phone Clinic</p> <p>9-10.....Networking Group– 6 Degrees</p> <p>9-10.....Pool Cues</p> <p>9-10.....Beginner German</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch– Lentil Stew... Tuna Salad</p> <p>9-10.....Chess Nuts</p> <p>9-10.....Poker</p> <p>9-10.....Bingo</p> <p>9-10.....“River Wild”</p>	<p>9-10.....Health Clinic</p> <p>9-10.....Aerobics</p> <p>9-10.....Call Phone Clinic</p> <p>9-10.....Networking Group– 6 Degrees</p> <p>9-10.....Pool Cues</p> <p>9-10.....Beginner German</p> <p>9-10.....Muscle Conditioning</p> <p>9-10.....Lunch– Lentil Stew... Tuna Salad</p> <p>9-10.....Chess Nuts</p> <p>9-10.....Poker</p> <p>9-10.....Bingo</p> <p>9-10.....“River Wild”</p>

RESERVED FOR POSSESSION

For Your Information

City of Newton Department of Parks & Recreation

"Over 55" ... March 2012

**www.newtonma.gov/parks Click on "OVER 55"
or call Nancy at 617-796-1506**

***NEW* Texas Hold'em**

Texas Hold 'em is a variation of the standard card game poker. Join us for lessons, games and tournaments. Registration Open.

Healthy Choice Lifestyle Enhancement Program

New program, co-sponsored with the City Health Department offers strategies for healthy eating choices and exercise. Space is limited. Registration is open.

Senior Bowl

Join our new league at Lanes & Games on Monday mornings.

New Program-Scottish Country Dancing- All levels welcome on Wednesday mornings at the Hut in Newton Centre. Class begins at 10:30 A.M. \$2 donation

Cards & Cribbage

Cards and cribbage on Mondays & Thursdays at the Scandinavian Home beginning at 10:00 A.M.

Day Trip-March 14th

The Best of Times presents "*Forever Irish*" starring Andy Cooney. \$60.00-Depart 9:50 A.M

Mystery Trip

It will be sweet! This classic mystery trip includes deluxe transportation, escort, games, and "bruncheon". \$27.00-Depart 10:00 A.M

Crossing Guard

Work for the Newton Police Department as a crossing guard.

- 45 minutes in the morning/ 45 minutes in the afternoon.
- Summers and school vacations off.
- \$8,193.00 per school year.
- Applications available at the senior center.
- You may e-mail your resume and cover letter to: resumes@newtonma.gov Include title of position in subject line.
- Call 617-796-2103

Bring Pliers and a Screwdriver!

Join the "Two Als" at the ***Small Appliance & Repair Group***, Wednesdays, 1-3:00pm at the Scandinavian Living Center (206 Waltham St.). Bring old appliances back to life and share coffee and conversation. For information about this opportunity: 617-332-5592

Homebound Library Services

NEWTON FREE LIBRARY

www.newtonfreelibrary.net (617) 796-1380

Financial Literacy Series

Newton Free Library

Wednesday, March 21, 2012, 7:00 – 8:30 p.m.

Renting a Home will be presented by Metropolitan Boston Housing Partnership. This program is made possible by a grant from FINRA Investor Education Foundation through Smart investing @ your library® in partnership with the American Library Association.

Newton Upper Falls Seniors



MARCH 2012

March 7... BINGO with prize

**March 14... Books, Books, Books
(Bring your library card)**

March 21... BINGO with new prize

March 28... Julie Zielski, singer

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**Guests welcome!.....Refreshments**

**Emerson Community Center  
Pettee Street, Newton Upper Falls**

### **Legacy of Wisdom**

Brandeis University

Sunday, March 11... 9:30-5:30pm

Fee with lunch- \$108

***Making Wisdom a central theme of life and aging.***

Speakers - Workshops - Concert- Lunch

ALL WELCOME!

Contact: 781-736-3400 or [events@legacyofwisdom.org](mailto:events@legacyofwisdom.org)

### **Newton /Brookline**

#### **Consumer Office**

... in Newton City Hall is available to answer your consumer questions /mediate your issues around purchases of personal goods and services.617-796-1292.

### **LIFETIME LEARNING**

**Spring 2012 classes begin**

**WEDNESDAY April 4**

Lifetime Learning's 8 week, nonsectarian, educational courses for seniors is sponsored by Newton Community Education. Spring classes begin April 4. For a registration brochure please call Laurie at 617 559-6994.

# From the Desk of the Social Worker

Kathy Laufer, LICSW  
[Klaufer@newtonma.gov](mailto:Klaufer@newtonma.gov)  
 617-796-1663

## History Informs Our Wisdom

Last month I wrote about the wisdom of elders and how many are sharing this in research studies, on blogs and in newspaper columns. I began to think about how that wisdom is amassed and I drifted to the amazing list of historical events which have taken place in the month of March over the past 8 decades. Though I can't list all, I am going to offer a selection and wonder what it would be like to remember these events. Would I recall where I was? Would I hear the voices of radio or television news personalities or see the headline? What do you think of when you see these dates? Do your memories paint a story?

- Star Spangled Banner adopted as National Anthem of the United States, 1931
- Banks reopened and the Civilian Conservation Corps (the CCC) founded, 1933
- Meat, butter and cheese rationing began as a result of WWII, 1943
- Soviet Dictator Joseph Stalin died at age 73, after 29 years in power, 1953
- RCA first produced color televisions, 1954
- My Lai Massacre during the Vietnam War, 1968
- Golda Meir became the prime minister of Israel, 1969
- High-ranking officials of the Nixon White House were indicted for Watergate break-in, 1974
- Three Mile Island, Pennsylvania, Nuclear Reactor accident, 1979
- The Camp David Accord ended 30 years of warfare between Israel and Egypt, 1979
- President Ronald Reagan was shot, 1981
- Largest oil spill in United States history happened in Alaska (Exxon Valdez), 1989
- Los Angeles riot due to 4 LA Police Officers beating Rodney King, 1991
- Mississippi ratifies the 13<sup>th</sup> Amendment, the last state to approve the abolition of slavery, 1995
- U.S. invasion of Afghanistan, 2002

There are so many more – each of significance. These events, our history, are a part of who we are; what we've seen and felt; and what we bring into our expertise and wisdom as elders. There's a joke that goes: "The older a man gets, the farther he had to walk to school as a boy." Instead, I would offer this quote: "The farther backward you can look, the farther forward you are likely to see." *Winston Churchill.*

## Meet our Social Services Staff:

Kathy Laufer, LICSW Clinical Social Worker,  
 617-796-1663

Meghan Kennedy, Outreach Worker,  
 617-796-1672

Sharon Arkoff, Social Work Intern,  
 617-796-1674

The Social Service staff, at the Newton Senior Center, is committed to enhancing the quality of life for all Newton seniors. We offer comprehensive social work assessments, outreach services, information and referral, and counseling services.

After you turn 60, you may be eligible for the following benefits, programs and services:

- Home Care Services that include assistance with house cleaning, laundry, meal preparation, grocery shopping, and personal care
- Deferred payment loans for Home Repairs
- Fuel Assistance to help with heating costs; Utility Discounts for telephone, gas and electric bills
- Subsidized Apartments or other housing options
- SNAP (Supplemental Nutrition Assistance Program), which can help you pay for your groceries each month
- Transportation to your medical appointments and other destinations
- Confidential Counseling Services to help you cope with issues such as retirement, aging, illness, bereavement, family relationships, etc.

## ***durable medical equipment***

***Wheelchairs, walkers, commodes and more...***

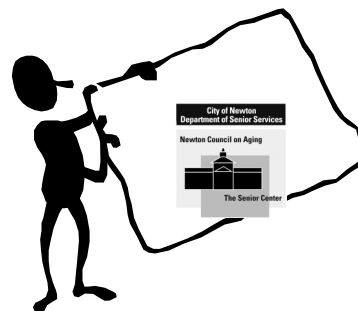
**NEED some , GOT some?**

**Pick-up or donate.**

**Please contact Alice Bailey.... 617-796-1664**

**..... [abailey@newtonma.gov](mailto:abailey@newtonma.gov)**

*Please call in advance to donate or pick-up .*



The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460



**The City of Newton Department of Senior Services**  
**Check out our website at [www.newtonseniors.org](http://www.newtonseniors.org)**

**SENIOR CENTER MEALS**

***Lunch Monday-Friday***, 11:45. To reserve call 617-796-1660 by 11:00a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal. *Springwell makes these lunches possible.*

**Boston College Elder Legal Services**

Call The Newton Senior Center at 617-796-1660, to make an appointment for legal consultation with a law student, supervised by a law professor, from Boston College Elder Legal Services. Appointments scheduled on the first Friday of each month at the senior center October-May. For appointments at other times please call the Waltham office of Boston College Elder Legal Services for an appointment at their location, 781-893-4793

***Curious*** about the Newton Senior Center? Set an appointment for a tour and orientation.  
Learn about our programs and services.  
*call Joanne at 617-796-1670*

The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of *Coming of Age* is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.

**NEWTON SENIOR CENTER MISSION STATEMENT:** The Newton Senior Center is a place for older adults to gather in an atmosphere that produces and utilizes life experiences and skills. The center's goal is to provide an environment that validates the changing needs and interests of the individuals and enhance growth, dignity and connection with each other and the greater community. Through creative programming, the Newton Senior Center provides participants opportunities and resources in the areas of physical and mental health, nutrition, recreation and education.

***Disclaimer-*** We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.